

SHOGUN CAFE

Main Entrée in GREEN for your healthy choice (≤15gm fat)

Menu of the week #1

< 7 - 13 Jul 14 >

Monday 7 Jul 14

Breakfast cal/prot/fat/chol

Hot Oatmeal	106/5/2/0
Grilled Bacon	88/8/13/5
Grilled Sausage Links	176/6/16/38
Breakfast Rice	194/7/5/50
French Toast	201/8/6/147
Fresh fruits & pastry bars	

Lunch cal/prot/fat/chol

Corn Chowder	133/4/4/8
Steak Smothered w/Onion	291/30/15/86
Sweet & Sour Pork	348/29/13/98
Mushroom Gravy	77/1/6/0
Steamed Rice	147/3/1/0
Mashed Potatoes	94/1/2/5
Steamed Broccoli	35/4/0/0
Steamed Cauliflower	33/3/0/6

-----Speedline-----

Chicken Fillet Sandwich

505/21/31/52

French Fried Potatoes	288/4/14/0
Fresh salad, fruits & dessert bars	

Dinner cal/prot/fat/chol

Minestrone Soup	75/3/1/1
Pizza Casserole	279/13/13/31
Alaskan Stuffed Fish	288/21/13/79
Brown Gravy	73/1/5/0
Tossed Green Rice	162/3/2/0
Parsley Buttered Potatoes	170/3/4/10
Steamed Peas	103/7/0/0
Steamed Brussels Sprouts	57/5/0/0
Fresh salad, fruits & dessert bars	

Tuesday 8 Jul 14

Breakfast cal/prot/fat/chol

Hot Farina	104/3/0/0
Grilled Bacon	88/8/13/5
Corned Beef Hash	258/12/20/50
Hashed Browns	121/2/7/0
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

Lunch cal/prot/fat/chol

Beef Rice Soup	71/4/2/4
Baked Fish Portion	257/11/14/33
Beef Stroganoff	250/31/9/93
Brown Gravy	73/1/5/0
Steamed Rice	147/3/1/0
Seasoned Egg Noodles	215/8/3/47
Corn-on-the-Cob	123/4/1/0
Stewed Tomatoes w/Croutons	43/2/0/0

-----Speedline-----

Shogun Deluxe Burger

400/25/23/77

French Fried Onion Rings	333/4/20/0
Fresh salad, fruits & dessert bars	

Dinner cal/prot/fat/chol

Turkey Vegetable Soup	91/6/3/15
Roast Turkey	257/31/12/95
Scalloped Ham & Noodles	238/22/8/61
Turkey Gravy	47/1/3/0
Steamed Rice	147/3/1/0
Oven Browned Potatoes	119/2/4/10
Club Spinach	147/10/6/12
Mixed Vegetables	78/4/1/0
Fresh salad, fruits & dessert bars	

Wednesday 9 Jul 14

Breakfast cal/prot/fat/chol

Hominy Grits	84/2/1/2
Grilled Ham Slice	140/17/7/45
Grilled Bacon	88/8/13/5
Tater Tots	123/2/6/0
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

Lunch cal/prot/fat/chol

Manhattan Clam Chowder	80/3/1/2
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Swiss Steak w/Brown Gravy

467/36/27/114

BBQ Pork Loin	303/28/15/81
Brown Gravy	73/1/5/0
Steamed Rice	147/3/1/0
Mashed Potatoes	94/1/2/5
Simmered Asparagus	18/2/0/0
Steamed Cauliflower	33/3/0/6

-----Speedline-----

Chili Dog

342/14/20/36

Crinkle Cut French Fries	208/3/8/0
Fresh salad, fruits & dessert bars	

Dinner cal/prot/fat/chol

Egg Drop Soup	52/3/1/2
Chicken Szechwan	311/40/10/119
Beef & Broccoli	299/37/14/80
Mushroom Gravy	77/1/6/0
Steamed Rice	147/3/1/0
Rissole Potatoes	217/3/9/0
Steamed Green Beans	36/2/0/0
California Vegetable Medley	37/3/0/0
Fresh salad, fruits & dessert bars	

Thursday 10 Jul 14

Breakfast cal/prot/fat/chol

Hot Farina	104/3/0/0
Grilled Bacon	88/8/13/5
Turkey Sausage Links	82/9/4/30
Breakfast Rice	194/7/5/50
French Toast	201/8/6/147
Fresh fruits & pastry bars	

Lunch cal/prot/fat/chol

Vegetable w/Beef Soup	89/6/2/6
Italian Style Veal Steak	190/13/12/39
Spaghetti Pepperoncini	483/26/28/135
Italian baked Beans	117/7/2/1
Potato Steak Fries	358/4/21/0
Mixed Vegetables	78/4/1/0
Lyonnais Wax Beans	54/2/33/7

-----Speedline-----

Shogun Deluxe Burger

400/25/23/77

French Fried Potatoes	288/4/14/0
Fresh salad, fruits & dessert bars	

Dinner cal/prot/fat/chol

Cream of Mushroom Soup	153/5/8/22
Ginger Pot Roast	415/36/26/114
Baked Fish Portion	257/11/14/33
Brown Gravy	73/1/5/0
Garlic Roasted Potato Wedges	105/2/1/0
Steamed Rice	147/3/1/0
Steamed Peas	103/7/0/0
Steamed Broccoli	35/4/0/0
Fresh salad, fruits & dessert bars	

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SHOGUN CAFE

Main Entrée in GREEN for your healthy choice (≤15gm fat)

Menu of the week #1

< 7 - 13 Jul 14 >

Friday 11 Jul 14

<u>Breakfast</u>	<u>cal/prot/fat/cho</u>
Hot Oatmeal	106/5/2/0
Grilled Bacon	88/5/8/13
Corned Beef Hash	258/12/20/50
Hashed Browns	121/2/7/0
Fruit Pancakes	252/7/6/53
Fresh fruits & pastry bars	

<u>Lunch</u>	<u>cal/prot/fat/cho</u>
Chinese Flower Soup	52/3/1/2
French Fried Shrimp	332/26/19/214
Teriyaki Chicken	296/42/10/119
Brown Gravy	73/1/5/0
Steamed Rice	148/1/0/3
Seafood Cocktail Sauce	32/0/0/0
Roasted Pepper Potatoes	100/2/2/5
Simmered Asparagus	18/2/0/0
Club Spinach	147/10/6/12

	
Chicken Fillet Sandwich	505/21/31/52
French Fried Onion Rings	333/4/20/20
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>cal/prot/fat/cho</u>
Shrimp Gumbo	115/5/5/22
Caribbean Catfish	237/22/12/78
Turkey Divan	241/38/5/61
Vegetable Gravy	47/1/3/0
Steamed Rice	147/3/1/0
Garlic Cheese Potatoes	112/3/3/9
Green Bean Creole	47/2/1/0
Cream Style Corn	130/2/3/0
Fresh salad, fruits & dessert bars	

Saturday 12 Jul 14

<u>Breakfast</u>	<u>cal/prot/fat/cho</u>
Hot Farina	104/3/0/0
Grilled Sausage Links	176/6/16/38
Grilled Bacon	88/8/13/5
Breakfast Rice	194/7/5/50
French Toast	201/8/6/147
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>cal/prot/fat/cho</u>
Eggs to Order	168/12/12/425
French Onion Soup	164/3/11/9
Spaghetti w/Meat Sauce	441/26/10/57
Italian Sausage Sandwich	400/20/20/54
French Bread Pizza	323/14/9/24
Potato Steak Fries	358/4/21/0
Steamed Mixed Vegetables	78/1/0/4
Wax Beans	26/1/0/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>cal/prot/fat/cho</u>
Chicken with Rice Soup	73/4/2/7
Chicken Stir Fry	195/28/5/40
Roast Beef	276/39/12/112
Brown Gravy	73/1/5/0
Rice Pilaf	193/3/4/5
Seasoned Egg Noodles	215/8/3/47
Simmered Corn	120/4/1/0
Southern Style Greens	107/8/6/15
Fresh salad, fruits & dessert bars	

Sunday 13 Jul 14

<u>Breakfast</u>	<u>cal/prot/fat/cho</u>
Hominy Grits	84/2/1/2
Grilled Bacon	88/8/13/5
Corned Beef Hash	258/12/20/50
Tater Tots	123/2/6/0
French Toast	201/8/6/147
Fresh fruits & pastry bars	

<u>Brunch</u>	<u>cal/prot/fat/cho</u>
Eggs to Order	168/12/12/425
Chicken Noodle Soup	62/4/2/7
Creole Pork Chops	288/28/17/75
Fishwich	498/20/24/118
Brown Gravy	73/1/5/0
Shrimp Fried Rice	234/12/7/90
Potato Steak Fries	358/4/21/0
Steamed Green Beans	36/2/0/0
Corn-on-the-Cob	123/4/1/0
Fresh salad, fruits & dessert bars	

<u>Dinner</u>	<u>cal/prot/fat/cho</u>
New England Fish Chowder	168/12/6/39
Lemon Baked Salmon	253/25/15/71
Steak Ranchero	296/37/10/108
Brown Gravy	73/1/5/0
Steamed Rice	147/3/1/0
Baked Potatoes	166/3/0/0
Simmered Asparagus	18/2/0/0
Steamed Cauliflower	33/3/0/6
Fresh salad, fruits & dessert bars	

SASEBO DELUXE BREAKFAST

Chilled fresh fruits, fresh juice selection, individual ready-to-eat cereal, fresh white milk, low-fat & chocolate milk, coffee, cappuccino & tea, assorted dough jam & jelly, white & wheat bread, butter, margarine, hot griddle cake, syrup & honey, low-fat yogurt.

EGGS TO ORDER

Grilled sunny side up, over easy, over hard/yolk broken, scrambled, hard boiled, plain or ham & cheese omelet, assorted (low cal) vegetable omelet.

SASEBO SALAD BAR

Carrot, celery & cucumber sticks, pepper rings, tomato wedges,, fresh cauliflower, broccoli, shredded cabbage, cucumber slices, mushroom slices, chopped onions, mixed pickles, dill pickles, jalapeno peppers, olives, chopped ham, chopped eggs, shredded cheddar cheese, assorted croutons.

SASEBO FRUIT BAR

Apple, banana, grapes, kiwi, honeydew melon, pear, pineapple, orange, strawberry, watermelon.

ALL ITEMS WILL BE PROVIDED ON A DAILY BASIS FOR LUNCH & DINNER MEALS WITH EXCEPTION OF ANY ITEMS WHICH ARE NOT IN STOCK OR NOT IN SEASON.

MEAL HOURS

	Weekday	Weekend & Holiday
Breakfast	0600 - 0800	0700 - 0900
Lunch	1030 - 1230	1030 - 1230
Dinner	1630 - 1800	1630 - 1800

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